

WHATEVER- THINK AND REACT

ICEBREAKER: Tell about a time that you encountered a person who only thought the best in you? Tell how that made you feel, about yourself and about that other person?

Here's why you need this sermon: Input determines output. What you think determines how you will react.

1.What is it about thinking that drives our attitude? How can we begin to shape our thinking?

2. How can we have peace and the right attitude toward others?

2 Corinthians 4:17 *For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.*

3. How much do our expectations effect our attitude? What should our expectations be? (1 Peter 4:1, Ephesians 4:22-24)

1 Peter 4:1 *Therefore, since Christ suffered in his body, arm yourselves also with the same **attitude**, because whoever suffers in the body is done with sin.*

Ephesians 4:22-24 *22 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; 23 to be made new in the attitude of your minds; 24 and to put on the new self, created to be like God in true righteousness and holiness.*

4. How can we intentionally focus on the eternal in our daily life?

Ecclesiastes 3:11 *He has made everything beautiful in its time. He has also set **eternity in the human heart**; yet no one can fathom what God has done from beginning to end.*

5. What effect do you believe that your upbringing has on your thought processes?

6. How easy is it to change this effect? What thoughts do you wish to build in your children?

7. How much do you focus on negative thoughts and circumstances? Is this a problem for you?

8. How would Marriage relationships change, Parent/Child relationships or Neighbors and Coworkers' relationships change if we held our thoughts to the standard of Philippians 4:8-9?

Philippians 4:8-9. (Great verses to memorize!) **8** *Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.* **9** *Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.*

9. What keeps us from holding on to this standard? What are the obstacles that you must overcome to bring your thoughts into this standard?

10. How does what Paul is saying differ from, “Think about happy things?”

11. How does the conscious effort the Apostle Paul speaks of differ from the “Power of Positive Thinking” philosophy, from Norman Vincent Peale?

12. What should be the standard of our thought life?

John 13:34-35 **34** *“A new command I give you: Love one another. As I have loved you, so you must love one another. **35** By this everyone will know that you are my disciples, if you love one another.*

1 Corinthians 10:31 *So whether you eat or drink or whatever you do, do it all for the glory of God.*

Philippians 1:27-28 **27** *Whatever happens, conduct yourselves in a manner worthy of the gospel of Christ. Then, whether I come and see you or only hear about you in my absence, I will know that you stand firm in the one Spirit,[a] striving together as one for the faith of the gospel **28** without being frightened in any way by those who oppose you. This is a sign to them that they will be destroyed, but that you will be saved—and that by God.*

We take charge of our attitude, according to Charles Swindoll, by taking control of our thinking/thought.

Attitude

Charles Swindoll

The longer I live, the more I realize the impact of attitude on life.

Attitude, to me, is more important than facts.

It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill.

It will make or break a company...a church...a home.

The remarkable thing is, we have a choice every day, regarding the attitude we will embrace for that day.

We cannot change the inevitable.

The only thing we can do is play on the one string we have, and that is our attitude.

I am convinced that life is 10% what happens to me and 90% how I react to it.

And so it is with you...we are in charge of our attitudes.